

2010 DIETARY GUIDELINES IMPLICATIONS FOR DIABETES AND HEART DISEASE

Sandra H. Spann,MS,RD,LD

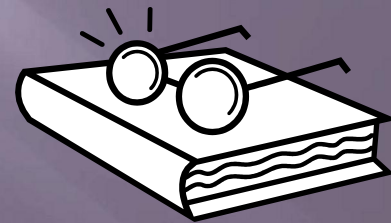
March 12,2011

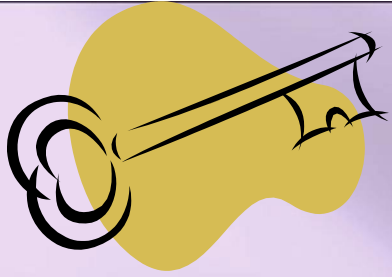
9th Annual Diabetes/Heart Disease & Stroke
Winter Symposium

THE 2010 DIETARY
GUIDELINES COMMITTEE
USED THE USDA NUTRITION
EVIDENCE LIBRARY (NEL)
TO CONDUCT REVIEWS OF
THE QUESTIONS

The committee identified

- ▣ Just under 200 specific questions related to dietary guidance were initially identified and most were addressed.





Key Recommendations

- ▣ The guidelines include 23 key recommendations for the general population and 6 additional key recommendations for specific population groups, such as pregnant women, those over fifty.

Science vs Reality



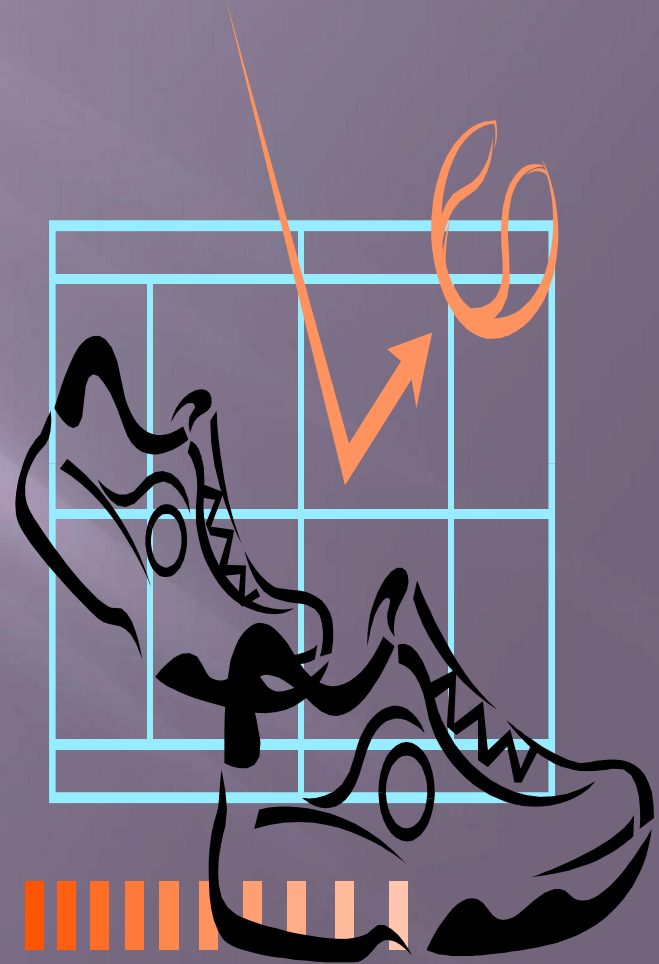
THE TWO OVERARCHING GOALS

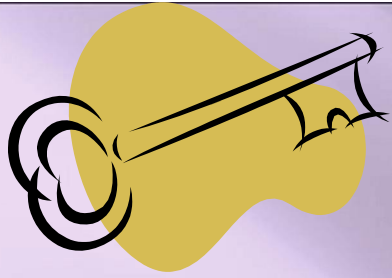
Maintain calorie balance over time to achieve and sustain a healthy weight

Focus on consuming nutrient dense foods and beverages

Most recent data 72 % of men and 64 % of women are overweight or obese

Balancing Calories to Maintain Weight





Prevent and/or reduce overweight and obesity through improved eating and physical activity

Control total calorie intake to maintain body weight. For people who are overweight or obese means consuming fewer calories from food and beverages

- ▣ Increase activity and reduce time spent in sedentary behaviors
- ▣ Maintain appropriate calorie balance at each stage of life.....
 - ▣ Currently, the self reported average caloric intake among women and men is 1785-2,640calories

Adopted the 2008 Activity Guidelines

- ▣ Children and adolescents should engage in 1 hour (60 minutes) or more of physical activity every day.
- ▣ Adults should engage in 2 hours and 30 minutes a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity
- ▣ Additional health benefits are provided by increasing to 5 hours (300 minutes) a week of moderate-intensity aerobic physical activity

and

Adults should also do muscle-strengthening activities that involve all major muscle groups performed on 2 or more days per week

Dilemma in most counties in SC

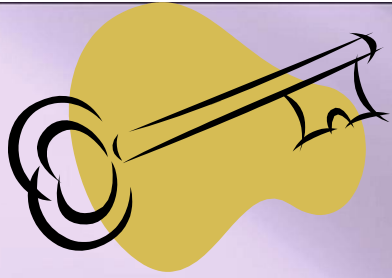
Approximately 30+% of adults engage
in NO leisure time physical activity

Foods and Food Components to Reduce



Sodium Recommendations





Reduce daily sodium intake to 2,300 mg Na adults and 1,500 mg Na per day for persons: 51 and older, African Americans, have diabetes, hypertension or chronic kidney disease

That is about half of the US population and most adults

Bad News



Average daily US Consumption 3,100 - 4,700 mg Na per day

WHAT DOES A
1500 MG NA
DIET
LOOK LIKE???

Breakfast

4 oz orange juice 2 mg

1 egg (no salt) 55mg

1c cheerios 160mg

1 sl toasted wheat
bread 115

1tsp soft margarine 75
mg

1 c skim milk 120mg

527 mg Na

▣ Lunch

▣ 2 oz unsalted meat 40-
50mg

▣ 2 slices ww bread 230
mg

▣ 1 Tablespoon lo
sodium mayo 65mg

▣ (Lower than catsup or
mustard)

▣ 1.1/2 fresh vegetable
45 mg

▣ 1/2c fresh fruit 10 mg

▣ 1 c skim milk 120 mg

▣ **520 mg Na**

Repeat similar pattern for supper

Supper

3 oz unsalted meat 50-60mg

2 slices ww bread 230 mg

1 Tablespoon lo sodium mayo 65mg
(Lower than catsup or mustard)

1.1/2 fresh vegetable 45 mg

1/2c fresh fruit 10 mg

1 c skim milk 120 mg

530 mg Na

1577 mg Na

approx 1600 calories

Good news- they got the industry's attention



INGREDIENTS: WHOLE CORN, CORN OIL,
AND SALT.

No Preservatives.

Nutrition Facts

Serving Size 1 oz.

Amount Per Serving

Calories 160 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1.5g **6%**

Trans Fat 0g

Polyunsaturated Fat 5g

Monounsaturated Fat 3g

Cholesterol 0mg **0%**

Sodium 80mg **3%**

Total Carbohydrate 16g **5%**

Dietary Fiber 1g **5%**

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

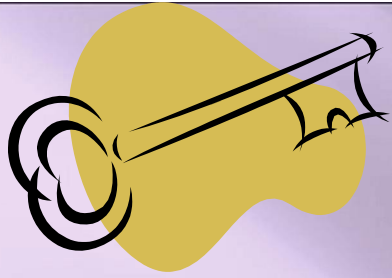
First Lady's Initiative to Fight Childhood Obesity



plans to reduce sodium by a **quarter** and cut added sugars in some of its private label products by 2015. It also plans to remove remaining industrially produced trans fats.

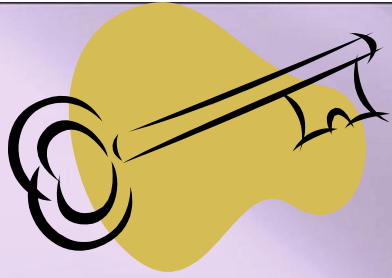
Fat Consumption



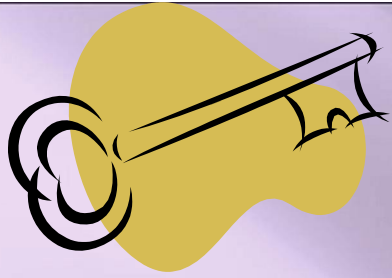


Consume less than 10% of calories
from saturated fatty acids by
replacing them with mono and
polyunsaturated fats

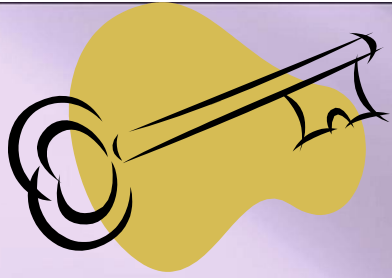
By limiting food that contain
synthetic sources of *trans* fats,
such as partially hydrogenated
oils and other solid fats



- ▣ Consume less than 300mg of cholesterol daily
- ▣ Keep *trans* fatty acid consumption as low as possible by limiting foods that contain synthetic sources of *trans* fat:
 - ▣ such as partially hydrogenated fat
 - ▣ and limiting solid fat



- ▣ Reduce the intake of calories for solid fats and sugars
- ▣ Limit the consumption of foods that contain refined grains, especially refined grains that contain solid fat



ALCOHOL

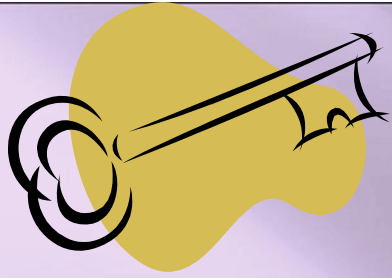
Recommendations remains the same
in moderation-
one drink per day for women
and up to two for men

Foods and Nutrients to Increase



FRUITS AND VEGETABLES



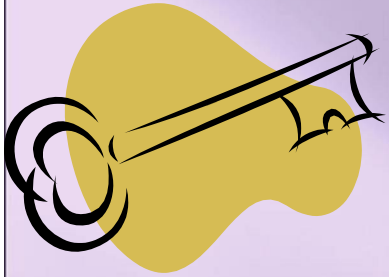


Increase Fruit and Vegetable Intake

- ▣ Average 3 1/2- 5 cups per day
- ▣ From a variety of vegetables especially dark-green, red and orange and beans and peas
- ▣ 4-7 cups per week red, orange
- ▣ 1 1/2-2 1/2 cups per week dark -green
- ▣ Reason -under consumption in the US of folate, magnesium, potassium, dietary fiber, Vit A, C, and K.

Whole Grains





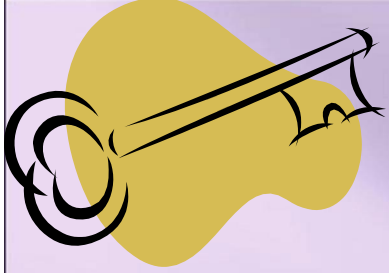
Consume at least half of all grains as whole grains. Increase whole grain by replacing refined grains with whole grains

For adults average 6 oz per day half of them should be whole grain

Currently, on average the US consumes less than 1-oz whole grain equivalent

DAIRY PRODUCTS

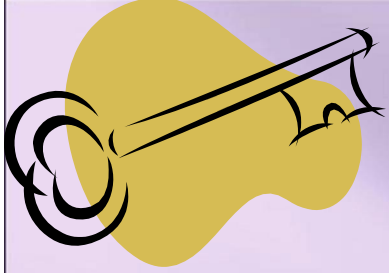




- ▣ Increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese or fortified soy beverages
- ▣ 2-3 cups per day for adults

Seafood

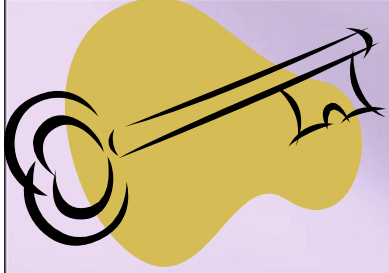




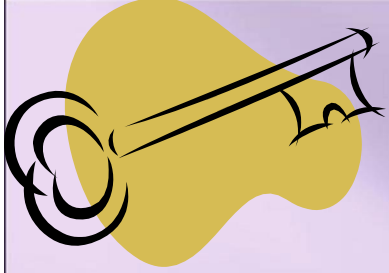
INCREASE THE AMOUNT AND VARIETY OF SEAFOOD IN PLACE OF SOME MEAT AND POULTRY

adults 8 oz seafood per week

(pregnant 8-12 oz seafood per week, 6
oz albacore tuna and eliminate fish high
in methyl mercury)



- ▣ Choose a Variety of protein foods which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- ▣ Replace protein foods higher in solid fats with choices lower in solid fats and calories and/or are sources of oil.



Choose foods that provide more potassium, dietary fiber, calcium, and vitamin D, these foods include whole grains vegetables and dairy products

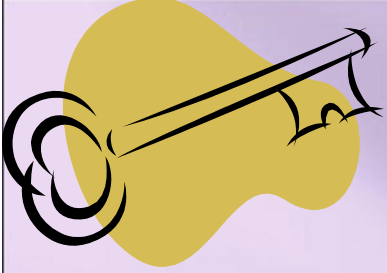
Recommendations for Specific Populations



- ❑ Women capable of becoming pregnant choose foods with heme iron
- ❑ Consume 400 micrograms of synthetic folic acid (from fortified foods or supplements)
- ❑ If pregnant take iron supplement prescribed by OB or healthcare provider
- ❑ If 50 or older consume foods fortified with Vit B12 or take a dietary supplement

Building Health Eating Patterns





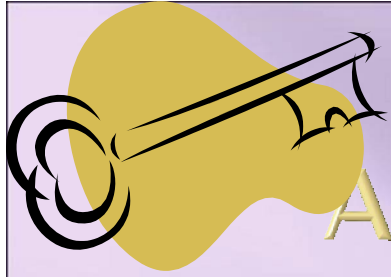
- ▣ Select an eating pattern over time that meets needs that meets at an appropriate calorie level
- ▣ Account for all foods and beverages consumed and how they fit within a healthy eating pattern

Recommended caloric intake

- ▣ Children: 1,000-2,000 calories per day
- ▣ Adolescents: 1,400-3,200 calories per day
- ▣ Women : 1,600-2,400 calories per day
- ▣ Men: 2,000-3,000 calories per day

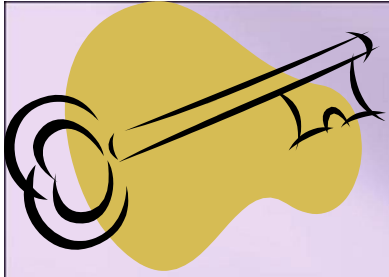
Select a pattern that meets nutrient needs

- ▣ DASH DIET Meal Pattern
- ▣ Considered elements from the Mediterranean Diet
- ▣ New category for vegetarian diets



Account for all foods and beverages consumed and how they fit into a healthy diet

- ▣ Consume water and other beverages with few or no calories (consider fluoride content of diet) most bottled water contains no fluoride
- ▣ Consume less sugar and fat
- ▣ Consume more nutrient dense and less calorie dense foods



FOLLOW FOOD SAFETY RECOMMENDATIONS WHEN PREPARING AND EATING FOODS TO REDUCE THE RISK OF FOODBORNE ILLNESSES

Foodborne illness affects 76 million
people annually

A Call to Action

- ▣ Includes three guiding principles:
- ▣ Ensure that all Americans have access to nutritious foods and opportunities for physical activity.
- ▣ Facilitate individual behavior change through environmental strategies.
- ▣ Set the stage for lifelong healthy eating, physical activity and weight management behaviors.

Printed 2010 Guidelines from USDA

- ▣ Should be available on or about April 27, 2011
- ▣ USDA workgroup on preparing printed messages for adults and children

Resources

- ▣ <http://www.dietaryguidelines.gov>
- ▣ <http://www.cnpp.usda.gov/dgas2010-dgacreport.htm>
- ▣ <http://www.foodsafety.gov>
- ▣ <http://www.mypyramid.gov>
- ▣ <http://cdc.gov>
- ▣ www.eatright.org

Lastly

- ▣ Nothing on a bun, nothing on the run, nothing in the car and nothing from a jar (or at least not often).

